

... and still free! check us out!

Issue #4

MTB

mountainboarding-zine

NEW CLUB ON THE BLOCK

welsh riders take scuz on a tour of the midlands, isn't it?

DO IT YOURSELF DIRT PARKS

how to build a dirt park by those who have

ROOF DROPS AND STEP JUMPS

ollie interviews american nightmare, meeko

Scuz enters a new stage in it's short life. While it may look as simple as increasing in page size, this issue in particular we believe has grown in maturity.

We'll never change the personality and the ethos of the zine, even if, or more correctly when, we go glossy and colour and it'll probably always have a zine feel about it. But we want Scuz to progress, and issue four is definitely progression.

It's not all smiles though. We are proud to dedicate this issue to Gary Holcombe, health and safety officer of the ATBA and Scuz distro hero. There won't be many of you who don't know Gary. The guy who's enthusiasm knows no bounds, always there to help out, encourage. It's men like Gary that make this sport, and particularly this zine, what it is.

Gary suffered a horrific leg injury early this year and consequently may not be riding for a little while. I hope the entire boarding community will join Scuz in wishing Gary a speedy recovery.

So Christmas and New Year is out of the way. I hope everyone is persuading the women in their lives not to worry about how big their arses got and to come mountainboarding to shed those extra and unsightly pounds. Only joking girls!

It's obviously now February, or at least it is as we write this, and we can't be the only ones noticing the days getting slowly but surely longer.

We're excited prematurely, we can feel in our bones that this is going to be an excellent year. With this issue, we are now here in the format we've always wanted. It's early days but we're stoked at the response we've been getting from the riders and maybe even the industry is coming round a little bit. Wonders will never cease!

So we're feeling a little more established and as the scene grows, we hope the zine for the scene can grow with it and continue to play a relevant part. We hope there continues to be room for our and more and more frequently YOUR opinions, news and views.

Here's to the best year of mountainboarding yet! Hope you all like the new look.

Love and dirt,

Andy and Welly



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Mark "Flan" Parker at Delamere Forest

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NEXT ISSUE

What's in next issue? Stuff about the freestyle championships, a profile on one of the UK's teams and whatever else we get up to. Maybe what you get up to as well.

It'll be out "when it's ready". Sometime in early March then.

THANKS

Want to see your name up here? Then get in touch and get involved.

Thanks to all the contributors to this issue. As always, we couldn't have done it this well without you. Cheers guys! And thanks to everyone who took part in our discussion about "family or extreme".

Always wear a helmet.

DISTRIBUTION

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Wentworth Action Sports, Peterborough
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COMPETITION TIME

You may recall the last issue's competition question which was:

How many sandwiches make up a picnic?

Well, we had two replies, one of which was shite. The one that won, won for obvious reasons. Here's the answer.

"I think that for the Scuz-mentioned romantic picnic for two, the sandwiches obtained from six slices of regular size bloomer bread would be optimum. These 3 large sandwiches should be cut into 4 triangular pieces each, for aesthetic quality, and ease of mastication. The fillings of choice would be the classic egg mayonnaise with cress, ham (Wiltshire Cured I find to be the most pleasing) and mustard, and finally the cricket-synonymous cheese and cucumber. Such classic English combinations should never be tampered with.

The choices offer enough variation for even the fussiest eater; and the amount, although some may claim excessively large, can always be distributed to nearby ducks if there is any left over."

While Scuz really can't condone the use of animals in

sandwiches, this answer was by far the best. So congratulations to Dave Compton of LARD Ass. We found out what his prize was. Gary from No Limits in Selby sent him a cool tshirt and a tech deck! Dave's life is now complete. His words. Nice one!

Anyway! Enough waffing about, on to this issue's comp.

Taking inspiration from such sites as www.chavscum.co.uk and www.scallycentral.co.uk, we want you to send in a picture of the most hideous looking scally or scallies you can find. There's an example of what we're talking about below. Anyone who sends in work other than their own will be disqualified for plagiarism, and we have checked EVERY scally site on the web.

The winner of this little comp will win none other than the latest in elbow protection from Armadillo as reviewed in this issue. Ok. This is a cracking prize, hence the effort required to win it. Thanks again to Ben Biscoe at TKC for supplying this issue's prize. You're a star!



Check out this horrible lot. Look familiar? Then get snapping. Oh, and by the way, if you happen to look like this, please put this zine down, and go and get changed. Alternatively, chuck yourself face first down a set of concrete steps.

mountainboarding a family sport??

Andy and myself found ourselves talking about how mountainboarding is seen by both riders and non-riders, whether it's considered to be a hardcore "extreme" sport (I REALLY hate that word) or perhaps a family sport or a bit of both. It seems that some of the mountainboard industry are promoting the sport as a nice fluffy family sport but when you sit back and really think what riding involves - strapping yourself to a board with big wheels and throwing yourself down the nearest hill, with a high chance of broken bones or at the very least bruises and grazes - it's not exactly fluffy. Maybe the manufacturers should rethink their marketing strategy and rather than push the sport to Mr and Mrs Average and their little Johnny, perhaps they should be promoting mountainboarding as an activity for absolute lunatics, as everyone likes to be seen as a bit of a crazy bastard.

We decided to get the opinions of riders from the UK and US, and while we've still got no definitive answer, the riders came back with some pretty interesting answers and thoughts. Here's a few of them.

PAUL

All I have to say is look at the people there yesterday [Scuz/Out To Grass weekend]. True family sport - there were parents and kids all learning and competing together. Family extreme sport.

OLLIE

No... family sports are where the whole family gets together in clothes that fit properly and make prats out of themselves. Like skiing (well like it was till snowboarding came about and they got all twintip....) and bowling.

BEN

This is one of those things that really do annoy me!! It's the way in which most of today's sports are labelled as "extreme" where as the word "extreme" is now just a word to publicise and sell a product.

People think that by sticking their product next to an "extreme" product makes it hardcore/popular, and gives it an appealing image. A good example is Joe Bloggs view of skateboarding. As most people think they are just a load of thugs, when the best sk8ers I know are just normal guys (e.g. go back to the early

days of skate boarding, it wasn't exactly what the media think as "cool"!)

I feel mountainboarding is FAR too early to have any kind of labelling at the moment. As part of SOBA, we ride with many people, from 10 year olds, to 30+. All these people don't really care about who they ride with, its purely riding for the sake of riding.

As far as I see, all the family can get involved with mountain boarding, in some form. But not everyone wants to get muddy... and crash! Therefore to some degree it will always be a extreme sport. and people pushing the limits of the sport.

I just hope we don't get labelled too quickly to try sell a product or sell a lifestyle or an image. It will happen someday. I just hope in 10 years time people are still riding for the same sort of rush that I ride for!

Go on people its winter... lets freeride!

FLAN

It's not one of those sports that's labelled as a "family" sport but its definitely more family friendly than most sports because how many of you could take your granddad to a skate competition and he'd still enjoy it? Well Chewy took his granddad to Glendevon and he totally loved the people and the place.

Not just older people but also little kids as well (even smaller than me. Dude, that's small). Same goes with them. How many of you know an "extreme" sport that 6 year olds take part in and take seriously? Sure there's a lot of little skaters but in ATB a lot of people accept them more than just saying that "This kids only doing this to be like his/her big brother/sister".

Well that's my view on the subject. Its probably a load of crap anyway...

JACK HERNIMAN

You can put an old man on a mountainboard for the first time in a centre with his kids, you can't put an old man on a skateboard for the first time in a skate park with his kids.

I think that makes sense.

JOE

Agree with all the comments made on this subject, after taking the wife and kids to the events this year, we all now have our own boards and get out there riding regularly.

My 8 yr old daughter is getting pretty slick and she's looking to compete next year... look out ladies!

Next step is to get all the family riding extreme!

JOHN POOLE

The age range's in the ATBAUK.org race season suggests it's a family sport.

It is a family friendly sport and we should be welcoming that, after all we will get more people watching, more crowds, more TV; all the goods things that can happen to get ATB more attention.

Good on us all for doing it!

MARK

As long as people below the age of 17 are involved in a sport, there will be families at events - there needs to be to drive the kids there, as the events tend to be at a location that is not your local riding area. It's the same at BMX, MTB, DH etc, It's not the same with local scenes as you will ride/bus it with mates to where you are riding. You also (below the driving age) tend to ride in areas that are easily accessible to you.

I personally don't think it is a family sport anymore or any less than others... I can imagine a lot of the parents are there as a necessity rather than at the kids requests!! The kinds of parents that go are the type of parents that would go with their kids whatever the sport. And the parents that do ride, I reckon that's more to do with a lack of maturity on our parts rather than it being cos it's a family sport!!

JAMES

Mountainboarding isn't a family sport as such - its just family friendly. That's because most mountainboarders are really friendly and fairly tolerant, which makes everyone feel welcome.

That's how skating started. We have to make the difference between the mountainboarding and skating clear. If mountainboarding becomes mainstream, people will do it because it's cool. Like skating at the moment, there will still be a few good guys around, but

a load of idiots.

As with any physical sport, people will be pushing the limits. I'm not sure if that makes it extreme - like Ben said, that word is very overused.

Basically, mountainboarding isn't definitely a family or extreme sport, and doesn't need to be. It's good as it is.

SPIDERBOY

I think that the one type of family you have all over is this, the atb family

My own family have never put me down for being me and normally praised me when I do good. And I think this is the same in atb. You show up as you and everyone's there to help you if you need it and every one loves it when you nail your first trick

BRACK LEE

It may seem like a family sport because it's so small and the collection of core, passionate riders may seem like a brotherhood of sorts. However I often find it to be more of an individual sport than not. While some of my best days are in fact out riding with friends, many other epic days are out riding miles and miles from any sign of civilization.

BLAIR

For me it is a family sport, simply because my son and I ride together all the time and now my grandson who is almost 3 years old wants to ride with me every time he comes to the house. His first words when he comes in... "Pop! I get helmet we ride boards, c'mon Pop, we go now!"

DAVE

Seems like we have 2 definitions of family going here.

1. Family being a close-knit group throughout the sport:

I feel like I've been welcomed into the sport by those who have been riding for a while.

2. The traditional family of husband, wife and/or children:

I have been surprised at how many people I have found in my short time here that have children and/



Ted Ladue :: tuck knee indy :: Chaos in Kansas

or spouses that ride with them. My wife thinks I'm crazy but my boys will be riding. In fact I already have their gear. I rather imagine that there are even more spouses that are supportive even though they don't ride.

Anyway that's my view from the edge. :)

RIK

Ever since I bought my first board my kids have been gaga over it. We split tie at the track on it. Now that I have added MBS to our store we always take demo boards out and the kids ride until we get someone who wants to try. I have 4 but my 4, 6, 8 years olds love it. My 8 is already airborne and loves it. And it is probably the biggest combined thing we do other than school work. We also use it to motivate our kids and it is working great on that level also. And who would I be if I didn't mention the wife who also rides, she is still a lil green but she pushes hard and is trying and learning.

DEFINITELY A FAMILY SPORT!!!!

Rx Sports

Rik, Serena, Beau, Timber, Max, Zach

A family that boards together breaks bones together

GLEN

Surfing, skateboarding, snowboarding, mountainboarding etc. can all be family sports. I skateboard with my kids, I ride bikes with my kids, we wakeboard together, etc. It's all about marketing. Show mountainboarding in a juvenile way, and the public will see it as another toy for kids, like most of the public sees skateboards. Show the extreme side, the competition side as well as the recreational side and you'll have a sport and a pastime as big as mountain biking and snowboarding eventually.

SCUZ CONCLUDES...

When we set out to gauge opinion on whether mountain boarding was a family sport or not, we probably should have put an adrenalin sport, as the word "extreme" is thrown about far too much by media and marketing types. But in a way, I'm glad we did put "extreme sport" because of the range of answers and opinions. I think the thing that distinguishes it from other sports, particularly skate boarding and maybe BMX, is that with the latter, Mr and Mrs. Blah can drop little Joey off at the skate park and pick them up later. The level

of competition in these sports is such that there's not much chance of little Joey even entering.

Mountain boarding differs, particularly in the competition side, because they are currently very accessible (big up the ATBA for making it so!) and because the timeline of the events mean that unless Mr. and Mrs. Blah are prepared to stay the weekend, little Joey doesn't get to enter. So when Mr. and Mrs. Blah do come down and see Mr. and Mrs. Whatsit also pitching a tent with their little Billy, a bond is created and the folks know that while Billy and Joey are hammering down the boarder x track, Mr. and Mrs. Blah and Mr. and Mrs. Whatsit can sit down and have a nice glass of wine and chat about bedroom upholstery and the fuel economy of the new Ford Average.

If the comps were one day affairs, going on all over the UK so the younger riders have somewhere local, I think this would be different and relationships between families, that are currently being formed, wouldn't happen to the same extent. Thanks Stu Kirk and the ATBA.

That is not to say, however, mountain boarding is any less "extreme". I think Pam Hill describes it well in her article on adrenalin (page 31), but also "Injury of the Month" shows what happens when it all turns very, very wrong.

Mountain boarding is extreme, and the families that do support little Billy and little Joey should be commended for their contribution. They are no less valuable than the riders. So thanks to Mr. and Mrs. Blah and Mr. and Mrs. Whatsit for ensuring this extreme sport isn't taken over by the hardcore elite.

Shouts must go out to the Holcombes, the Chews, the Crilleys and all the other families who put up with tents by night and insects, sweat, injuries and mountain boards by day.

Thanks also to everyone who got involved in the discussion!

Scuz salute you!

bunch OF NOBS.

A bit of NOBS action over the weekend was called for. Paul Turner, as enthusiastic as ever on the ATBSports forum, got the wheels in motion and Scuz offered a bit of floor space and some good Yorkshire hospitality for anyone bothered to make the journey.

We'd also decided to make this weekend a half arsed attempt at officialising (no, that's not a word... until now) NOBS. And officialised we did.

Friday night and both the Manchester contingent, comprised this time just of The Cannon, and the Leeds NOBS delegation of Andy W, Paul S, Welsh Chris, Faceplant Eric and myself, met up at our regular drinking spot, the Hyde Park Social, to make the place look untidy and of course talk mountainboarding and the weekend ahead.

Several pints of varying alcoholic beverages later and the call from the Preston crew, who'd announced their arrival in LS6, signified that the weekend was finally here. Back to Scuz mansion to have a few nightcaps with the Preston guys, and a relatively early night for the early start in the morning. 2am is relatively early in the grand scheme of things.

Saturday arrived and blurry eyed and not so bushy tailed, I jumped out of my pit offering to give Andy W a hand in getting the van for the weekend. Ah! Too late! He'd only gone and got up at 7am, walked to the van hire centre and driven back, while muggins here had an extra two and a half hours shut eye. Cheers Andy! Next time for sure, and I MEAN it this time!

A warm up at Shibden Park in Halifax was the first port of call for the day. Anyone who's seen or ridden at Shibden Park knows exactly what kind of a warm up it is. Roughly a 600 – 700 metre steep grassy slope, which in the summer is rammed full of scallies from Halifax on their annual holidays, soaking up the sun. This time of year it's essentially deserted, which meant a free reign for ten crazy eyed northern losers on "their ugly mountain boards with Tonka toy wheels" (as described by Leo from "Reason To Believe" punk zine... more of that on page 35).

The first run down is always the best. Particularly for those who have never made the epic journey back to the top. The hammering it down the hill is fantastic, as confirmed by big grins and nods of approval by the up-until-recent Shibden Park virgins. However they'd not made the walk-of-death back up. It's a sodding great big hill... and that's swearing.

Roughly 10 minutes later, with sweaty red faces and comments on how they weren't walking any further, we

arrived at the middle section with no plans to walk any further.

After a bit of freestyle action, with Andy W showing us how to ride the kicker with two wheels and coming a cropper as a result, and a few more descents, we decided it was time to make a move on to Steetley Quarry for some proper crazy riding, amongst the TWOCers and the already burnt out cars. Checking the map for directions and... ah. It's further than we'd thought. Or more correctly, further than I'd thought. A change of plan was in order. On the Sunday we'd planned to head to Tandle Hill near Rochdale. Tandle Hill looked roughly half the distance that Steetley Quarry would have been so moving this part of the weekend forward seemed like the thing to do.

A fairly short drive over to Tandle Hill and after a brief scout of the place, we found a section that looked like it had some great freeride on offer through the trees and scattered leaves on the ground. We sessioned this spot, mostly without accident, although Dicko, one of the Scuz mansion inhabitants, pulled a particularly impressive stack out of the bag.

After a few hours riding and the darkness approached, it seemed time for the Scuz kicker to make an appearance for a spot of blind jumping. Not one to make a twat of myself, I decided to capture the moment on film instead and leave the rest of the guys to do their business. Big, big respect must go out to Andy Madness, who on one of his first and only times on a mountain board pulled some sweet air off the kicker.

It was now essentially pitch black and so everyone decided to call it a night and make tracks back to Scuz mansion. The drive home was fairly eventless, Andy doing his usual trick of rolling and sparking up a great big bifter and then sitting quietly in the corner with a grin a mile wide on his face, singing to the tunes.

Finally we arrived back at the mansion and it was most definitely time for a bit of grub and a few beverages. The Preston crew had already organised the grub... for themselves, and were tucking into some cod and chips, looking very pleased with themselves.

With plans of heading out to Delamere Forest in the morning, a little bit of footage was shown to whet appetites and then off out to the pub headed eight smelly mountainboarders. The drink flowed for a while but with an early start the next day, it was time to make tracks back and try to get an early one. As usual it wasn't to be, with more drink, more mountainboarding videos and plenty of banter keeping



The varied faces of NOBS... Britain's most beautiful mountainboarding club.

everyone from their beds.

The next morning, after a slight diversion to pick up Flan (see front cover), the NOBS arrived at Delamere Forest. This was a first for most people and so Andy W and myself started off doing a few fairly mellow runs and showing the rest of the guys what Delamere was about.

Slowly but surely, everyone had ridden the course a few times, taking a section at a time and learning that section before moving onto a new one. Delamere Forest is home a wicked downhill mountain bike course which has proven proper ace for boarding. The berms are as sweet as you'll find and you can hit them at almost any speed and find no problems getting around them. There are only a few lines, but they have excellent features; the two main runs start at the top of a not too shallow run in, dropping into a natural kicker and then down where these lines split. The left line leads into a double berm section and currently, this is where boarders tend to run out of steam. It's a short burst of adrenalin. Taking the right hand line brings you again into a berm, with a small drop off into a sharp left hand berm dropping into a steeper line over a number of doubles and rollers and the option of a third berm or alternatively you can pull a power slide to stop right of the berm.

While a few of us continued to hit the downhill course, with the bikers ripping up as hard as possible, the rest of the

NOBS had found a dirt kicker that needed a little tweaking to suit boards. So after hunting down a couple of great logs, and blagging a spade off a biker, the Preston crew proceeded to add an extra foot or so to the kicker, smooth and widen the transition, and then spent the rest of the afternoon knocking themselves in all kinds of ways.

The sky was beginning to darken, and so it was looking like time for riding was running out. Seemed appropriate to light a fire... and jump it. Our resident fire expert, Paul, while more used to putting out fires than getting them started, pulled out a block of firelighters. Expecting flames the size of houses, we were treated to flames the size of... well... small flames. Still, they were flames and it added a certain element of danger.

So after risking life and limb, it was definitely time to make moves home before someone really got hurt. As always, Delamere was a reliable ride and as always, plenty of confused, and even scared, looks from the bikers there.

words by welly



his majesty royally havin' it. delamere



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ALL TERRAIN BOARDING INJURY REDUCTION

All terrain boarding provides a consistent path to injury. Strapping yourself to a board with 4 (or even 2) wheels and throwing yourself down a hill sprinkled with rocks, drop-offs and trees supplies your body with the best excuse to break and not just bounce when you bail (common occurrence in my experience).

“That’s what body armour/pads are for” you may shout. I love my body armour too and yes I also think I am invincible when wearing it. But unfortunately bones break, muscles tear, ligaments pop, joints dislodge and your arse will always sting after sliding on it for 20 yards, no matter how many layers of karrimat you stuff inside your pants.

Simple exercises not requiring you to join a poncy gym, can strengthen your bones, muscle tissue and increase stability/range of movement around major joints, thus reducing the risks of injury and visits to the Doc/Physio. These exercises can be done anywhere, as you don’t need any equipment and not too much space.

The following exercises will strengthen the muscles of your legs involved while boarding.

1. Ankle Alphabet – Simple, using your toes and foot spell the alphabet, try to keep the rest of your leg still. Do this once for each ankle.

2. Squats – Stand up straight, feet shoulder width apart, Imagine you are sitting down. Now just before your cheeks touch the seat, stop and stand back up again. Hands on hips/behind your head/out in front (doesn’t really matter as they ain’t really contributing to the exercise) eyes looking ahead and keep your back straight and your heels on the floor. (For any he-men out there this can be done with a barbell, mountainboard or even a small child on your shoulders). Repeat 12-15 times. Sit down for a minute then try it once more

3. Lunges (ahem) – Start standing and take a large step forward and gently lower your back knee towards the floor. Try to keep your knee behind or above the ankle on your front leg. Again your arms are free. Use them to balance e.g. hold sofa. Alternate leg each time. Do this 12-15 times on each leg or until you feel like a twat.

4. One leg balance – Stand on one leg and gently bend your knee so you slowly lower towards the floor. This will aid stability at the ankle and especially the knee joint.

Hold on to something for balance (again sofa/fridge/woman). Repeat this 12-15 times on each leg then swap over and do it again.

5. Calf Raises – Stand holding the sofa; raise your heels off the floor, so you are on tip toes/balls of your feet. Lower heels back to the floor. Doing this standing on a step with your heels over the edge and lowering down the step will make it harder. Again try this 12-15 times, stop for a minute and then do it once more

Obviously if you suffer any pain while exercising stop, shout a bit... and then go and see the doc. And of course if your already injured, sit back and laugh.

Remember exercise can only reduce the risks of injury not prevent it!!!!!!

words by trigga

ALL TERRAIN BOARDING ASSOCIATION

Across the page is the membership form for the ATBA-UK, an organisation which represents you, the riders.

We’re encouraging riders to become members as you will benefit greatly from joining the association. Not only is cheap insurance available through the association, plus discounts on riding equipment from a number of retailers around the country, but you will be helping fund promotion of the sport in your area and the funding of facilities for mountainboard riders, such as centres, council run dirt parks and so on.

If you’re not into the competition scene, don’t worry. The association is run for all riders in all shapes and forms and not just for those planning to compete this year and next.

As a member, you will have a say in the direction the sport takes and the association encourages members to be active.

So tear out or photocopy (if you don’t want to ruin your favourite mountainboarding publication) the form overleaf, fill it in and get your money sent in! You KNOW it makes sense!

SCUZ MOUNTAINBOARDING ZINE

Proud members of the ATBA-UK

Membership Application:

To join the ATBA-UK please complete and return this form with payment as detailed below:

(For a full description of member benefits please log onto www.atbauk.org)

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 Date of Birth:

For ATBA-UK use only:

Referrer:
106 SCUZ

Date received:

Member Number:

Membership Required: (Please tick one only)

- ☐ Senior Member **£20.00**
- ☐ Senior Member and 1 family member **£25.00** Name: DOB:
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- ☐ Junior Member (Under 18 @ 1st Jan) **£15.00**

(Family members do not get the full membership benefits such as newsletter etc)
 (All Prices are for one Year's Membership from end of month processed)

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leaving the grafting to their old man.. get in there tony chew!



D.I.Y. DIRT PARKS

INTRODUCTION

While mountain board centres are on the up, there's still a distinct lack of "official" or dedicated places to ride. Particularly if you live in northern England, such as we do.

Like mountain bikers and BMX riders before them, many mountain boarders have resorted to building their own dirt parks. These range from single dirt jumps to more full on, but still D.I.Y. parks. We recently spoke with Jack Chew, Trampa and Scrub junior rider, who together with his dad, pal Woody and a digger, have been building a dirt jump which has seemingly helped their riding a great deal.

Should you want to make a start on building some kind of a dirt park near you, Evan Lipstein, from Hyline and Mongoose ATB, has passed on some brilliant advice on how to build dirt jumps, berms and a whole lot more...

THE GREAT NORTHERN PROJECT

After competing on the 2003 circuit it was obvious to me and my mates that outside of competition we hadn't had any opportunity to experience or practice 'Big Air'. We thought that we would take the matter into our own hands and build 'the first dirt table-top in the North of England'. As most of our weekends are spent playing rugby we struggled to find time to draw up some plans for the ramp etc and realised that without the help of a digger it would be a very long job. Woody's parents said that we could use part of their field; as work was being done on a new car park there, we set the date for the weekend when the digger was to be site.

The weekend arrived and I, my dad and even my little sister Chloe made our way up to Woody's in the trusty Landrover along with our trailer, several spades and of course a good few boards! We arrived bright and early to meet Woody and his Dad who were busy trying to master the digger. We soon got to work and were eventually joined by Woody's Mum Claire, Woody's little bro Phil and our mate Flan! All of us were getting our hands dirty, sorting out both the roll-in as well as the actual structure of the ramp and landing. It was decided that the transition (much like the ramp at Glendevon) will be built up to a wall of wooden sleepers which were otherwise going unused.

The roll in was carved into the hill to create more speed as well as to use the hill to its full potential. The only problems this causes is the inability to bail out once you roll over the edge. This is because there are foot high walls either side of you as your approach the ramp! These however are very minor problems and the ramp is in full use and is working exceptionally well, much better than we could have hoped.

Tweaks and modifications have been attempted since the table was initially created, such as re-shaping the transition and building a scaffolding extension on top of the roll-in. Several small projects are planned for the coming months such as various ramps and rails and a mini boarder-X run, so watch this space!

Hundreds of tricks have been performed on the ramp since its creation, including flips, spins, shiftys, various grabs and tweaks and many more. Feel free to contact me at meizchewy@hotmail.com if you are interested in making the trip up north and want to ride with us.

Many thanks to my Dad and Woody's parents for their help, enthusiasm and support, without which we couldn't have done it.

words by jack chew

THE SCUZ/NOBS DIRT PARK

Much of the riding we've been doing recently in the north has been mainly on mostly illegally built but council ignored trails around the north. People are digging these trails for lack of privately or council funded facilities elsewhere. It's sad that it has to come to this but if building trails on public land is what it takes, then that's what people are going to do. And are doing. All over the place. I don't doubt there are similar trails that mountain bikers or BMXers have built that make fantastic spots for mountainboards.

Unfortunately many of the local trails we've recently visited just aren't really up to riding mountainboards on and so we've taken it upon ourselves to build some dirt jumps and make a start on some kind of a boarder x course.

Taking inspiration from both Jack and the information submitted by Evan, we made a start on building our own facilities just out of the city centre in a local woodland.

Having not done any kind of digging for years, mainly due to not living anywhere with a garden, but having done a little trails building as a young un, this was mostly very new to me. Deciding to start small with a little dirt kicker before starting on the big work, we essentially started by clearing the area of leaves and hunting out sticks and logs to build up on.

As you're building on a slope, you need to make sure your logs, whether covered in dirt or otherwise, aren't going to start rolling down the hill, particularly when you have bodies on boards riding over them. So hammer in a few short but solid sticks and lay your logs up against them. Build up in

layers, by placing logs and covering these with dirt, then another layer of logs, a layer of dirt and so on. It's essential to keep stepping back and looking at what your building, making sure it's level and you're not going to be riding an off-camber dirt jump.

We've got a good solid jump build now, and the weather will eventually harden the dirt and that kicker won't be going anywhere, even with interference from the most determined scally.

Next on the agenda is to start building our boarder x course, which we're starting with a set of rollers and working our way up the hill, eventually building berms and a table top.

We'll keep you updated!

BUILDING A DIRT JUMPS

Thanks to Evan Lipstein from Hyline and Mongoose, we've got an in-depth guide on building dirt jumps and dirt parks.

WHAT WILL YOU NEED?

A place to build them relatively flat and big, and has pretty good dirt not many rocks and shrubs.

Shovels and wheelbarrows - you will need a few spade type shovels and at least one flat edged shovel for shaping the jumps. You will need a wheelbarrow to move dirt around. Round up some friends - they can push a pretty good amount of dirt around.

DESIGNING

- Plan for the future - design what you want to build. Determine what direction you want to go, and where you are going to start.
- What size you want your jump? A 4 foot is a basic average size; do not plan too big for what you can jump. It's better to plan your trails with a variety of sizes.

TO START BUILDING

- Make piles of dirt where you want the jumps to be placed.
- Shape your jumps, nice and curved, round, and with no flat spots.
- Keep curving till you get a nice transition.
- Make sure they are smooth, no rubble on jump.
- Shape your landing - twice as long and the take off & it should be twice as wide as the take off.
- Water down the jump, if you have water available. It will dry harder then its original state.

THE RUNDOWN ON HOW TO DO IT!

If you are new to dirt jumps, trying to find a place to learn how to jump can be almost impossible. If you go to most trails, the jumps are so big, so you end up just looking up at them with your jaw wide open then deciding you'd rather just go get a soda pop. Finding a beginners trail is not easy, so like many riders, the only way you are going to learn is if you build it your self,

Obviously you need a place to build them, that's relatively flat and big, has pretty good dirt. The next step is to get or buy the implements you'll need. The most important items of course are the shovels. You will need several spade type shovels, for digging and moving large amounts of dirt, and you will also need at least one flat edged shovel for shaping the jumps. Cheap shovels can be bought at any DIY shop. Depending on the spot you pick, you may have to move dirt from one spot to another. Once you have got a good spot to build, shovels, and a few good friends to help, the next step is a plan, and the idea is to plan for the future. Do not build a big double jump in the middle of your spot, because you will find yourself running out of space in no time, and end up building new jumps backwards. Determine what direction you want to go, and where you will start. From there, you will want a long enough straight to be able to ride fast enough to make the first jump without any problem.

Keep in mind that if you intend to get serious about dirt jumping, your jumps will get bigger and bigger each time you work on them, so you may need more space in the initial straight of way to get more speed for the bigger jumps. Also note where trees are, assuming there is trees, and plan to route your jumps through trees. Do not start cutting trees down, for several reasons. First, it is really cool to jump through trees, the trees give you shade, they keep the soil intact because of their root systems, and you do not want to cut trees down anyway, unless you have some hatred for nature.

Trees are also very helpful as a structural base to support a jump. Note that if you are building through trees, you should not have a pit where the roots of the tree are, so the idea is to build the take off lips or the landing lips next to the tree itself, with the pits in between the next set of trees.

Once you have a general plan for what direction your jumps will go, you will need to measure distances so you will know where to start building them. For beginners, the best size double jump is no more than 4 feet high. This may sound crazy, but do not kid yourself, you can break your neck on a 4 foot jump just as easily as on some huge one, and the skills required to jump a 4 footer is the same skills required to jump bigger jumps. Actually, to jump smaller, tighter, more technical jumps, is almost more difficult, for it requires greater precision, hence you'll learn jumping skills better.

The next measurement is the distance between the lip of the take off jump, and the lip of the landing jump, which



rhys crilley sampling some prime dirt kicker, leeds



for a 4 foot jump, should be about 10 feet you do not need a measuring tape, your feet will work just fine. Now mark where you want the take off lip, the landing lip, and start piling up dirt.

Do not try to shape the jumps at this time; your only concern at first is to pile up as much dirt as possible. Even though the jump will only be 4 feet high, you'll be packing down the dirt, so you will need a lot more dirt than 4 feet worth. Make the jump about 4 feet wide, and use the best dirt you can find. Try to keep leaves and twigs out of the dirt, for if you do not the leaves will prevent the dirt from being packed down hard, and will eventually decompose and your jump will fall apart. Obviously you do not want to have rocks in your dirt either, cause rocks hurt. Even small rocks, which may seem to blend into the dirt when you first build them, will get partially exposed after a few rains, which will be harden into the jump and stick out when one crashes, like a giant grinder, ready to rip your flesh away.

Once you have some really big wide piles of dirt where you want them, start packing them down by walking on them. Still do not concern yourself with shaping them yet, your main concern now is to pack the piles down nice and hard, starting on the top, creating a flat top, and then packing the sides down smacking the sides of the jumps with the back of your shovel helps too. Now that you have created two big packed down piles, your one double jump is starting to take shape. The next step is to shape the take off lip, which is the most critical part of a jump.

The shape of the face of the take off jump is the same as the transition of a ramp. Nice and curved, round, with no flat spots. Take your flat edged shovel, and stand directly in front of the jump, and without moving your position, start carving the face of the jump from the top to the bottom, in nice smooth curved arcs. Be consistent, regular, and create a nice curve. Create the curve, or transition, so that it almost goes to vert. In other words, standing from the side of the jump, the top of the lip of the jump should be just short of pointing straight up.

It may seem that with the lip so steep, you will not be able to clear the distance, but a little basic physics will prove you wrong, If you roll a ball at speed at your jump, even though the lip almost goes to vertical, you will see that the forward motion of the ball will send the ball arcing quite a distance, which is why you have the landing jump about 10 feet away.

This is why it's so important to measure your distances before you start building your jumps. As you are shaping the jump, carefully pack it down by either smacking it with the back of your shovel, or having a friend hold you from tipping over, and pack it with your feet, being careful not to mess up the transition with your feet.

When it gets pretty much packed down and the shape looks good, you can also use your bikes wheels while sitting on the bike, by rolling it up and down the jump like a big bread

dough roller, just be careful not to flatten the very top lip of the jump, keep the transition continuous up to the very lip. Once it looks pretty good then re-pack the top of the jump flat, which will lower the jump just a bit, but then you will have a good strong dense jump.

The next thing to do is to shape the landing of the jump. This is a lot easier to do, for though you do want a transition curved shape, you don't want it quite as steep, otherwise it'll be too tight, and you'll hang up your rear wheel too easily. Make the landing transition milder, and also make it a little longer, almost twice as long. The landing of the jump should be wide and well packed down on the edges, so that when a rider goes a bit off course, and in case the landing, it will not get totally destroyed.

Now the only other thing left to do is to water down your jump, if you have water available. What makes a jump rock hard is water, allowing the jump to be soaked, and then dried, essentially cements the jump. If you do not have water available, you will just have to wait for some rain. Just remember, do not ride your jumps when they are wet, otherwise you will groove the jump badly with your tires. Of course, you know after all that work you have done to create your first double jump, you are not about to wait for rain, you are going to test it out.

Building another jump is, of course, identical to the first jump, except for the shaping of the pit the area between the landing of the first jump and the take off of the another jump. The pit should be just that, a round curved pit that continues the landing transition down and then up, into the next jumps take off transition. There should be no flat spot in the pit, just a nice curve. By making a pit, you will end up digging below ground level, and because of this, water drainage becomes a problem.

There are two ways you can create drainage. One is to either dig a deep channel, from one side of the pit at the deepest part, and continue that channel far away from your jumps, or dig a short channel, to just a few feet away, to a deep hole. If you use the hole method, make sure you do not dig it too close to the pit, because if you crash into it, say with your feet or hands, you can injure yourself way worse than the actual crash, possibly breaking your ankle or wrist in it. Just remember that for every pit, you should have drainage. If you build a jump with a new pit, and get too lazy and not build the drainage and it rains, the next time you come to your trail you will find a deep mud hole.

BUILDING FEATURES

Jumps

To build jumps, stack up logs where you want the jump to be, about as high as you want it to be. You don't have to use logs; you can use rocks, garbage, cars, little brothers or whatever else you can find in the woods. There are two purposes of

this. First, it reduces the amount of dirt you'll need to build the jump, so you don't have huge holes everywhere, which is also less work. And second, it creates a basic shape and form to the jump which makes shaping and packing the jump easier. When you stack up logs, lay them across the path. If you have them going the directions of the path, it will be difficult to build and cause ruts. The rule of thumb is, pile up the dirt, and then shape it. Shaping every single shovelful is just going to waste time. This is where the pick comes in. A pick can loosen dirt very quickly allowing it to be simply scooped up with a shovel. This is especially helpful in dirt that has a lot of rocks, roots, etc. Cover the logs completely with dirt, and pack it strong enough so you can kick it to pack it real tight. Now, throw the rest of the dirt on, shape it and pack it down. Really pack the face of the take off and the landing because jumping and landing will cause ruts. There is no way you can learn how to build a good lip by reading an article; it takes a great deal of experience and practice. All I can do is describe what a good lip is like. A good lip is smooth with no bumps or kinks, and it should be an even arc from the ground to the tip. A lip should be 45 degrees minimum. This will send you the farthest. The steeper you make it, the more air you will get, but it won't send you as far. Most lips at trails are steeper than 45 degrees. You should build your lips at least a foot wide and six inches thick at the peak. That will help keep them from falling down. The wider and thicker the peak the longer it will last.

The Landing is just like the lip except you want it wider and

probably longer. For rhythm sections, make the landings short and steep so you can nosedive and carry speed for the next double. For trick doubles, make it about twice as wide as the lip and not too steep, but not too shallow. If it's too steep, you'll over clear it but if it's too shallow, the landing will be hard. Use your judgement.

When building rhythm sections, it's a good idea to round out the space between the landing of one jump and the takeoff of the next. Make it so that from the tip of the landing to the tip of the takeoff, it is basically one continuous arc. This will help you carry speed and make it through the pack easier.

Berms

To build a berm, basically outline the outer edge of a curve with a pile of logs, and cover it with dirt just like a jump. The berm should start before the curve starts and end after the curve ends. The tighter the curve is, the more speed you will lose going around the berm. A tight, steep berm can be a good way to slow down after a big trick double. For a berm going into a jump, make it a wide turn so you can get through it without losing a lot of speed. The faster you are going to go around the berm, the taller it should be. Otherwise you will have to slow down to stay on the path.

Good luck on building your jumps and have fun in doing so!

text supplied by evan lipstein of hyline atb



TRADITIONAL WELSH RIDING

(AND A PUB NAMED AFTER CHEESE)

Good Morning? Hmm, not exactly. I was a bit on the thirsty side last night. Oh well, what better way to cure a slight hangover, and not so mild dehydration than getting up too early on a Sunday morning and going riding? Staying in bed? Maybe. Not really my style though.

The newly formulated UK team, MEBA, are our dancing partners for the day, and hangover or no, dance we shall!

Despite the name sounding like they're a Welsh Team (Mid-Wales Extreme Boarding Association), the crew, about 10 strong on this cold February day hail from all over, Wales, Oxford, Birmingham, some of the lads travelling 3 hours just to ride with the rest of their team today (now that's commitment, enough to make a girlfriend jealous!). Set up in 2002 by Andy Watson, Dave Black and Andy Price MEBA have amassed about 8 full-time members and about 8 part time members, the difference being a membership to the ATBA, good idea guys; I think it should be adopted. Know anyone not registered with the ATBA?

Let them off only if they thoroughly refuse to ride mountain boards! There's a form to join somewhere in this issue, USE IT!!

The spot to be sessioned today is the Peak Districts Mam Tor. 517 metres above sea level doesn't sound that much, but Mam Tor is an impressive looking lump of silty rock and grass. I have ridden here before, but only one run, not knowing about the other runs in the area. The MEBA crew know the area much better, however. All good as far as I'm concerned, its too long since I have rode anything proper challenging, and today is no disappointment.

We start on a run so waterlogged it's more like the X-stream riding showcased on "Us and Friends" the noSno video. I meet the MEBA crew in various stages of getting coated in Peak District, having all ready been at it for about an hour (we were late due to having a nice scenic drive round the peaks, not finding where we supposed to be going). It seems like nothing will stop these guys and they would be out rain or shine, or in hailstones the size of golf balls, think of the enthusiasm of team BAD, yeah, like that.

The first section we start on is quite steep, well waterlogged, and then the thin grass splits into two different paths, one technical, the other a bit more chilled, and both well soggy!! I feel guilty as the ground looks a bit knacked, but know that the problems Cleeve Hill is experiencing isn't likely to happen here, as its not so well ridden, however I am not supposed to writing about ground erosion. Sorry.

The run that goes off to the right, runs up next to a dry stone wall, but the camber tips you away from it, there are various sized pools of water dotted about on either side of the run,

and on one side of the other run. The one near the wall runs through a little stream section and meets the other run further down, and the less technical one is made harder by the lack of grip. They are quick in some parts and slow in others, a good feature of the runs in this area is that the quicker sections, where the grass is shorter is all lined by longer wetland type grasses, consequently there is a braking method, allowing even beginner riders (of which there are a few, distinguishable only by their slightly more liberal coating of Mam Tor. Even our lass was having a bash, riding sliding, and kind of swimming her way down!!) to take on the whole run. Slow today, make no mistake it will be viciously quick when the ground is dry and hard.

There is already talk of a summer camping trip, Northern Crew and MEBA to start with, I am sure this will be expanded upon on the Scuz and the ATBSports web message boards. Keep your eyes out. More digression, I do apologise.

We have a few cracks at the two runs on offer and then stop while some smoke (bit harsh as I have given up on the ciggies, and well felt the need) and we are informed about the other delights of the area surrounding Mam Tor. MEBA crew are a lovely lot to ride with, brash, funny, and well into their boarding. Just my kind of people really!!

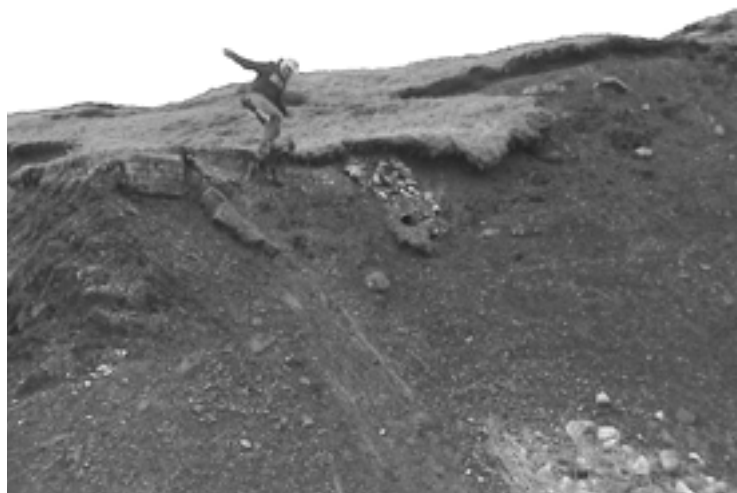
We then hop over a wall, onto a road, and strap in and ride down to the next spot.

NB: part of the appeal of Mam Tor is that the only time you need to get off your board is to climb over a fence or wall, and to climb back up to the top. All the runs, provided they are done in the right order can be rode from one to the next, definitely a bonus.

So we ride on to the next spot, minor beginner mishaps along the way causing laughter to some, and no doubt pain to others (no harm done though – ed) and climb up a ridge running up to Mam Tor's peak. The runs are similar in style to the last, short grass, proper fast, longer grass, necessary brake for everyone on this run, which is probably about 30 degree inclined. Proper steep!! Part of Mam Tor's peak has slipped down leaving various section of black rock exposed, with the consistency that is rideable, no massive chunks with which to kill a man. It's a more accomplished lunatic's nemesis; I take a mental note for future reference!

The view from where we are setting off from is astounding; it's true that tourists come here for the natural beauty of the area. I feel superior. We are here to do something much better, but get to enjoy the view as well!

This section isn't really for beginners, or riders of beginner boards, like I said, maybe 30 degree, maybe steeper in places, and a sod to climb back up! The lashings of rain dumped



across the country this weekend make the run more do-able than it might have other wise been.

Very good attempts are made by Andy W (not me, the MEBA one!), Andy Price, Ozzy, and a few others. I think only Andy P making it to the bottom without coming off; raises a cheer, and I would imagine a sigh from Andy himself, riding with ribcage injuries. Good lad.

After having it just about the full length of the run, knocking a pair of pants in the process, Ozzy decides to throw himself off the ridge, into around 20 foot of almost vertical straight drop, bowling out at the bottom. He may have made it had the launch point not been so waterlogged. Good effort though and with no harm done, it was back on the road, boards not cars, to the next little spot.

A disused road runs away in front of us, parts of the right hand section have just dropped away and slid down the hill, a victim of time and no doubt the peak districts elements (which so far are being very considerate). We ride down to a part where the road drops away along the whole length of the road, offering a choice of drop offs, from a mellow 2-3 footer, and further to the right a larger drop, maybe 5 foot, but with a few bits of chunky road in the way meaning a longer jump is required to cheat injury.

Everyone not riding beginner boards (and some that are!) pile into it, Ozzy first off the bigger section, Andy P and W (not me the other one!) styling the grabs off the smaller section, and Andy Price stuck a nice 180 off the drop, and to ride into poor Andy Poulson, camera man number two, who was merely attempting the film the spectacle! Ha ha! Served him right if you ask me. Further down the road we stop again, I'm sure Ozzy used to be a lemming in a past life, he seems to have this thing about chucking himself off stuff. Very entertaining. The drop off is 200 metres along from the last section, has practically no run in, not much run out, and consists of a drop of about 12 foot, nearly vert, bowling out tightly at the bottom. Neither Ozzy nor Andy P make it, but again there is no lasting damage, and so its to the next source of pleasure, as it's gone 3pm by now, and its light out at 16:50 on this February day.

My favourite ride of the today was the next section of the road, reached by riding a bit further down, or rather waiting for someone else to ride a bit further down and open a gate for us. The road is steep, and smooth, with little ripples and features all the way down, it runs for maybe a kilometre, maybe a bit more. We do it twice its so much fun, especially on a noSno, speed-wobble free, carving back and forth. Beautiful. I am coming back here!!

The end of this run isn't really the end. The run continues on where the disused road returns to car occupied road, but with as many of us as there are, and no police about, we are the kings of the road, not the polluting four wheeled prisons that carry about people with strange expressions, their faces pressed against the glass windows, watching us in wonderment! We slowly ride the kilometre down to a car park for a gift shop, named Speedwell cavern or something. There are caves round here that tourists come to visit, maybe next

time we'll try and ride 'em!! Through the car park we cross to the next and final section of the day. This is MEBA's warm up spot in the Peaks, a nice chilled mass descent, down a grassy run so mellow everyone is surprised by how fast they are going at the end.

Its about 2/3 km long, slow at first, picking up speed as you go along, little features, rocks and other riders litter the path as we all free ride mass descent stylee. A couple of times, jumping off a discarded VW beetle bonnet that Mr Poulson kindly fashioned into a make shift mini kicker.

Quite a few good little sections. At the very least an area that deserves more exploration, but that could sustain riders of all levels for at least one long summers day, but Scuz had the opportunity to do it with a top set of lads, anyone south of Leeds and Manchester and north of London and Bristol should get in touch with these guys, they are well organised, and very keen.

The lads are also starting a bit of a mail order store, to raise funds for riding shirts and the other expenses incurred. The artist of the crew Martin Everton is coming up with some ace designs for shirts, as well as some stickers that will say 'DUN RUN' to indicate the lads have been and ridden. Quality ideas, I hope that in the future I come across such stickers, I'll know whose been there, and what been going on, and if I have my board, I shall do it too.

The store and stuff about the club membership was discussed in a pub, called Ye Olde Cheddar Cheese. The Landlord, being a bit of an arrogant winker, didn't appear to approve of his (empty) pub being taken over by boarders one bit, and even came over to tell us not to leave coats and boxes in view, and then again to tell us to stop swearing.

You can imagine the response. No we didn't stop swearing. Andy p, upon being requested to desist was straight up with "Shit, sorry, yeah!" We all creased with laughter, and continued to do so everyone an expletive made its way out of anyone's mouth; quality. If you ever go and ride in the peaks, around Mam Tor, go into the Olde Cheese's pub, and swear your head off. It's the only way.

Thanks and respect goes out to Andy Watson, Andy Price, Allan Osbourne, Liam o'Brian, Noah Derrington, Martin Everton, David Poulson, Mark Oyster for a top day out.

Visit www.meba-world.com for news and reviews about the crew and their antics. Post on ATBSports.co.uk message board to hook up and ride with the crew.



MEEKO, ROOF DROPS AND STEP JUMPS,

INTRODUCTION

Introducing Mike Cronin, otherwise known as Meeko. Who is he exactly? And why are we interviewing him?

Well in the US of A, Meeko has a bit of a reputation. Of being a crazy, sick as funk rider. Checking out the photos on these pages really says all you need to know about Meeko and why we're interviewing him. Twenty steps? Count them. I did.

You've got to feel sorry for his knees though.

THE INTERVIEW

Ollie. Who are you, where you from and how long you been riding?

Meeko. My name is Mike Cronin, some know me as Meeko. Just turned 18. I'm from Orange County, California and I've been riding for about 3 or 4 years now.

Ollie. How'd you get into mountain boarding?

Meeko. I actually just saw a board in some magazine and thought "that could be interesting", so I saved up money and bought my first Mongoose. It was great; still remember the first day I carved down my street.

Ollie. When did you get into street/park riding and how did that come about?

Meeko. Well before I rode mountain boards I was always out skating with my friends, so it kind of came natural to take the board out with my buddies while they rode their skateboards. I had never really seen or heard of what people did on mountain boards (of course I knew they were made for dirt), but I didn't really care where other people rode. I just had fun with my friends.

Ollie. Were you ever any good at skating?

Meeko. Honestly, no not really. My friends got real good, though.

Ollie. Do you take inspiration from BMX/skate/inline? Any particular riders?

Meeko. Yeah, I think mostly from skating. I always thought it was awesome how a skater could look at a

certain handrail or find that gap out of something that was obviously not made for skating. I guess it's kind of artistic really. Now whenever I drive anywhere, I'm always looking on the sides of the road and imagining what could be done. It makes driving fun. I get some inspiration from the BMX guys too, just because they go huge and act like its nothing.

Ollie. What's the worst thing that's ever happened to you on street?

Meeko. Well I don't know, the street is much harder than dirt. It doesn't give when you fall. I've had my fair share of face plants and whatever right on the street, and that fucking hurts. I've never been seriously hurt, just a lot of cuts and bruises, and a broken bone or two.

Ollie. What changes do you make to your gear and stuff you take with you? When you ride?

Meeko. You don't really need to make any modifications when you ride street. I use airliner tires that are totally bald, without the tread you can go much faster, and I pump them up as hard as I can. I try to find real strong parts that can handle flat landings and won't explode when you hit the ground. A good street deck is one with not too much flex so you don't bottom out to hard, but enough flex to absorb some of the landing...

Ollie. What's the one thing you can't ride without (apart from board)?

Meeko. When I ride street I almost always wear wrist guards, because when you don't you will always fall right on the palms of your hands and rip the shit out of them, rocks and stuff get in there... it sucks. My wrists are also really weak and pop all the time and hurt and stuff, because I've beat up both of them pretty good.

Ollie. When was the last time some one said you'd die if you try that, but you did it any ways?

Meeko. Well, that 20 stair jump was kind of ridiculous. Just looking at it scared me but I did it anyway, and it didn't hurt all that bad. It's a damn good feeling after landing something like that. Life feels so... significant.



meeko snubs the elevator

Ollie. When was the last time you did something and someone said you should have died after?

Meeko. This one time I was hanging out in an empty supermarket parking lot at about 2am, and me and my friends grabbed one of those cart retrieval things... basically a big long flat rail made to keep carts in their place... but anyways, I set a ramp up to it and was board sliding it, but coming off my back truck got caught up and I fell face first onto the ground, didn't even get my hands in front of me. I hit my chin and my chest, and my friends thought I knocked all my damn teeth out, but I got lucky. I learned much from that one.

Ollie. How many boards and bits did you get through last year?

Meeko. Ah, that's a tough one... I believe I snapped about 2 decks, destroyed a few pairs of trucks, and ruined a few bindings. I don't even know how many little parts fell victim to the slaughter.

Ollie. How much does your sponsor help you out with shit you trash?

Meeko. MBS is really cool with replacing that kind of stuff. I think I'd be broke if they didn't help me out. Ha ha!

Ollie. What's your favourite move to do, on dirt and on street?

Meeko. I enjoy backside 180's on the street, they just feel real good when you slow them down and roll away. I'm also trying to get into more hand rails. I just found this tasty giant double set with a kinked rail down the middle...

On the dirt I'm working more on snowboard type tricks, like trying to get spins and inverts down real clean and grabbed. It's all about style. If you can do a crazy trick but you have no style, who cares? Working on backside rodeos at the moment...

Ollie. What are you into apart from mountain boarding?

Meeko. I play a lot of music in my free time when I'm not at school or riding. I'm in two bands, and it's great. So much fun...

Ollie. What kind of stuff you playing/listening to?

Meeko. I mostly listen and play punk stuff, my parents hate it. We play loud I guess... cops are always showing up at my house with noise complaints. He he.

Ollie. Are you in college, uni etc.?

Meeko. I'm in my senior year of high school, but applying to colleges. I don't know if I'll get in, but I'm trying.

Ollie. You got anything special planned for this year? Any new records?

Meeko. Just trying to get everything down smooth, maybe learn some new tricks, and bring a street aspect to the sport that nobody has ever seen before.

Ollie. Who are you sponsored by?

Meeko. MBS!!

Ollie. Shout outs?

Meeko. To my all friends (HR!), family, and all the mountain boarders out there. Ride on.

Ok now for quick answers, one word, word association.

Pigeon

...Crunchy

Church

...Organ

Spear

...Poke

Toby

...Maguire?

Pie

...Pumpkin

Grass

...Itchy

Vans

...Pink

Sherbet

...Taste the rainbow, baby.

Cheers dude.

interview by ollie david



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ADRENALIN SPORT

Mountain boarding thrives on the hunger for adrenalin. If we didn't experience the adrenalin, we wouldn't go back for more. And we probably wouldn't do it for as long as we do! The mere whisper of it as you first experience free movement without contact between feet and ground. The body saying "woah er wah hey!" and then "wow control ooo it's kinda good" then "hey, do it again".

The growing buzz as you achieve more and confidence swells. The enflaming addiction as speed, turns, jumps, danger all come into the equation. The more we ride with a flowing success and the more we face adversity in a run and get away with it, the more we buzz with adrenalin.

I fancied exploring what adrenalin is and thought I'd share with you what I uncovered. Some of it is tosh, some of it's not and then there's the science bit.

ADRENALIN BOOSTS AND PHARMACEUTICALS

A woman in America lost her job because she was so hyper on "energy" bars. She cannot remember what she said or did but her supervisor figured it was bad enough for the boot. You can also buy adrenalin over the internet or counter in pill or injection form. 24 little bottles of power and energy for \$2.19, I don't think so. 24 little hours between mountain board outings is more like it. And sod the expense.

ADRENALIN.COM

A couple of cool websites, the first www.adrenalinplayground.com has mountain boarding along with wake boarding and snow boarding. Then there's www.adrenalin-hit.com for skating, surfing and snow boarding. Stylish graphics and music with a promise to keep an eye on our sport this summer. Unlike the rest of us who will keep our asses firmly in the sport this summer!

ADRENALIN JUNKIES

That's anyone with a used mountain board probably. It's also the name of a band, many a website and a non-rated american tv show along the lines of ER where the rush is from saving a life rather than nailing a new run. Adrenalin is addictive. Enter adrenalin or adrenalin junkies into any search engine on the internet and find pages and pages of links to extreme sporting sites. There's a heap load of it going on worldwide and all because adrenalin has you. It has you wanting more. Here comes the science bit, this is where we add the vodka... No, this is molecules and transmitters. Pure science.

ADRENALIN - EPINEPHRINE

Adrenalin is now called epinephrine in its medical classification. What is it with the English language that we can't have just one word for things? Personally, I think adrenalin suited it fine, especially considering it is secreted from the adrenal medulla, one of two triangular adrenal glands, on top of each kidney. Adrenalin is released in response to exercise, low blood sugar

and various forms of acute stress, i.e. shock. It is not only a chemical molecule and a major hormone in the body but also a brain neurotransmitter. How's that for a multi-tasking molecule? And that's not all...

ADRENALIN, ALLERGIES AND SAVING LIVES

Adrenalin as allergy shots are 97 percent effective in protecting people from severe reactions to stings and bites.

When the heart stops, a shot of adrenaline is recommended as the first drug to be given in CPR in an attempt to get the organ running again.

ADRENALIN AND SLEEP DANGER

Adrenalin is dangerous for some whilst asleep. Described as one of the fight-or-flight chemicals by Dr. Thomas Kilkeny, director of the Institute of Sleep Medicine at Staten Island University Hospital, people suffering with sleep apnea release a whole cascade of them when waking regularly due to breathing interruptions. "The body thinks it's suffocating. All the chemicals rev up. Blood pressure goes sky high and, when the body figures out that you're taking breaths, the chemicals go back down," he says. But then the cycle repeats itself. Kilkeny says he has seen people go through this cycle 110 times an hour. The worst was 220 times an hour. Multiply that by 30 years and you can see how the heart might suffer.

ADRENALIN - GOOD OR BAD?

Adrenalin causes *increase in heart rate and strength*. So, by that quota, all-terrain boarding reaches *all* the muscles... well maybe with the exception of the tongue (which is exercised later along with the beverage-leverage arm muscle.)

Adrenalin causes *dilation of small arteries in muscle tissue* and dilation of the pupils at the sight of the drop-in ahead of you.

Adrenalin causes *breakdowns of fatty acids and glycogen too*. Mountain boarding also gets some breakdowns and breakages - we get back up for some more, usually!

So adrenalin can help combat stress. It improves blood flow and the heart's capacity to do its job. It certainly improves a lot of sports. Yet this is all very well and fine in healthy people. The adrenalin supplements you can get are totally detrimental in heart failure patients. Plus adrenalin rushes increase blood pressure which is obviously not good in all people. For people in extreme sports, adrenalin can mask fatigue which is a common cause of error and accidents. The average human heart will beat 3,000 million times in its lifetime and pump 48 million gallons of blood. It works hard.

Obviously the key to whether adrenalin is good or bad for you is health.

So with a healthy heart and happy blood pressure, no allergies to flying insects, just an adversity to them flying into my mouth as I freeride, with a thirst for the thrill of speed and the challenge of all-terrain boarding, getting maybe 10-20 adrenalin rushes in an afternoon's riding... spread that over 30 years and you can understand I would be joyous.

words by pam hill

South bank isn't your normal ATB spot - no gradient, no grass, no dirt and stupid crowds. Famous as Central London's best skate spot and hyped up as hell.

Five minutes walk from Embankment tube station and we're there. Weather's shite and windy but it doesn't really matter; south bank stays dry in all but the worst weather conditions. We went on a Saturday afternoon at about 2, probably the worst time possible. It was crowded as hell, mainly by cocky lil skaters (ranging from shit to awesome.) There's five main spots in south bank, first port of call was the famous(ish) South Bank 7. It's on the far left of the really crowded bit and is basically a load of flat banks, some with rails from 1.5ft to like 3ft and two 7 steps. On the weekend this place can be pretty intimidating, loads of people watching and even more anti-ATB skaters and BMXers. You also really gotta watch out for dropping in on some one as its pretty much blind and they get really pissed off. A couple of quick warm up hits and the crowds are starting to annoy me so it's off to one of the quieter bits round the back.

This spot is where most of the newbie skaters hang out, so theres a bit less attitude and you don't have to worry so much about cutting people up. This place has gotta a load of banks and shit, most of which are good for airing down or up and some times a few people set up a rail on them. I played around there for a while, kinda fun but it's too crowded to spin anything and I'm starting to seek something a little bigger.

Best place to go from there is up; most of the staircases will do but its kinda potluck at times. If you're at the newbie spot, walk away from the river and you come to like a 15 step or something (still unattempted) and then theres a spiral staircase to the upper level. On the way there is the flat land spot, if you're coming from the river just walk in a straight line through the main skate area and it's on

your left. The riding is shit here unless you're a flat land BMXer but it's always light and it's sheltered from wind and police eyes.

The upper layer is technically off limits for riders but you're only gonna get hassled by short security guards. The surface is kinda gravelly up here so theres no skaters and usually not to many people either. Theres loads of big step sets here and probably the biggest downhill at south bank, a 5m disabled access thing. After a quick warm up on the 8 step and a knife fight with a cork and it's time to hit up the big 12 step. This thing is well above head height, and has a 40ft drop on one side. The first leap is scary as fuck but I manage to clear it and ride away with a nice tail grab. Quick breather and its time to hit it up again this time going for a nice stale. I got a good pop of the lip and manage to kick out the grab but I didn't quiet bring it back together for the landing. I hit the floor and the board bottom out really badly, the momentum carries me forward and onto my arms. Took a while to get up but my leg was killing having taken most of the impact and I'm done for the day. Words of warning, big steps sets are really fucking dangerous and take a lot out of you and your board, grabbing nose or tail makes it a lot more dangerous as your more likely to land on one leg and from high enough it will snap. Second up the railings are sketchy and won't stop you or your board going off the edge, and it's a fucking long way down.

After a while lying on the floor staring at sky I make my way back up the stairs to where the knife fight with a bottle is going on, eventually a dude with a Swiss army knife turns up and ends the problem. Limping off home we pass the fifth spot; two hips, left and right handed. It's a nice place to hit with a decent run up when none of the fences are up and its usually pretty uncrowded. On the way back home we saw Bam and SCKT of Urban Free Flow session at Trafalgar square. 'Tis a small world. Back at my house its beers, guitars and beanbags. Quality.



A total contrast from the previous spot guide featured opposite. While both city based, they couldn't be any different.

Based in north Leeds, roughly 5 minutes drive from Roundhay Park, Gledhow Valley Woods was first introduced to us by a Leeds rider, who has since never shown his face. However he took us to the first spot we rode in the woods, the Half Pipe. While we call it a half pipe, it's more like a third pipe, with a steep roll in and a natural kicker out the other end which is around 4 or 5ft high. Unfortunately the kicker has little to no run out but this hasn't stopped anyone hitting it all the same. For those with the Scuz video zine, in the Leeds section featuring Andy and Paul doing a little jumping in a woodland setting, that's the half pipe.

A recent visit to the woods uncovered a few new spots, including quite a nice little freeride, although nothing that'll ever get the adrenalin pumping too hard. This starts at the top end of the half pipe and follows a natural path along down towards the stream.

Further on from the half pipe, we discovered a great little steep grassy hill with potential for a few features to be dug. There are a few runs through the trees around here and while it was a little damp when we went riding there, it's still quick enough and could be fast as bastards in the summer. Mind the lake at the bottom though.

Moving further on from there you'll walk along the path on the top of an exceptionally steep hill, which is definitely rideable

but would take some sizeable balls to straight line it. A few hundred yards further on and it looks a more reasonable place to ride, with a few scattered trees to add a bit of interest. This is where we've decided to start developing a bit of a course, and some freestyle jumps. We started digging the first of the jumps just recently and it's shaping up pretty nice. There's the intention of digging a boarder x course in the woods, which is certainly not going to be for the faint-hearted but should provide an excellent training ground for any northern riders.

All in all, new lines and runs are being discovered all the time and in the summer, the half pipe is a wicked spot to ride and worth checking out for anyone passing through Leeds with their board.

DIRECTIONS

From Leeds or Harrogate, you can get to Gledhow Valley Woods easily by following the A61, Scott Hall Road, north (from Leeds city centre) or south (from Harrogate) until you come to a roundabout leading to King Lane. Follow King Lane until it turns right into Gledhow Valley Road and around 5 minutes drive or 15 minutes walk, you'll see the woods and on your right is a little lay by. Park here, cross the road and you're in the woods. Follow the path down until you see a lake and you'll see the work in progress that is the Scuz mountainboard park.



This is perhaps the second or third visit I've made to Mam Tor in Derbyshire. The first few visits, in 2003, only a sole run was found. It was good fun for an hour or two but that's about it. As it was the middle of the summer, the run was dry and fast but it was just a single run.

The recent visit to Mam Tor with MEBA (see the MEBA story on page 22) revealed there was more... lots more... to the place than that single line discovered the previous year. Mam Tor really does offer as wide a range of riding as there possibly can be. Technical freeride sections, seriously steep, fast, fast grassy runs, mental drop offs and a great mile or so road run.

Starting with the freeride spot; in its current state, it's a little wet and water logged but it's still very rideable and brilliant fun. A five to ten minute walk ride to the top of the run shows it's a fairly lengthy freeride spot, and starting with a natural roll in, the run offers a few lines down. It's very much a case of working your own way down, and while there are a few obvious lines, it's almost as much fun creating your own lines.

There's a few sections to jump, such as a fairly narrow stream and a couple of drop offs here and there. The grass is well short and when the dry weather kicks in, it's going to be a very fast run to the bottom. As it was in it the state when we went with MEBA, it was a bit of a mud bath.

Moving on to the new spot at Mam Tor, which is a 2 minute ride down the hill, is one of the steepest runs I've personally ridden. An easy 35 – 40 degree slope, which while might not sound that steep, over 300 metres, it's plenty steep enough

and plenty fast enough. This is very much a run to straight line and get daft speed on. Nothing technical, just balls out speed.

Next up, again a couple of minutes ride further down, is a disused, subsided road. Looking like a scene from a Hollywood earthquake disaster film, the road has broken away in chunks and offers a couple of fairly insane drop offs, including a five to five and a half foot drop to flat, where the road has basically split in half, which the MEBA guys were having no end of fun on.

This is also the start of a mile or so road run, which over tarmac proved pretty quick in places. From the top, just beyond the road drop off section, down to about half way, it was close to insanely fast. A few bends in the road adds a bit of interest and eventually the road flattens out a little to a pretty chilled run to a car park about a kilometre further on. Although used by cars, this next section will probably be pretty deserted for most of the year.

The final section we rode was close to the Speedwell Cavern tourist centre. This is MEBA's "warm up" run. It's a little hike up a fairly mellow hill, with a spattering of rocks to keep your attention on the way back down. It's a great little run, nothing overly technical but with a few other riders, as we had on the Sunday with MEBA, it turned into a great mass descent ride.

Overall, Mam Tor is a cracking spot and the kind of place you're going to keep finding places to ride, so pay it a visit and look for short grass paths that walkers use with the longer grass on either side. If it's downhill, it's yours.

DIRECTIONS

From Buxton, follow the A6 towards Chapel-en-le-Frith. Turn right at the roundabout just before Chapel-en-le-Frith towards Sparrowpit. When you get to Sparrowpit, there's a hairpin bend to the right. Don't follow that road, take the small country road that follows off to the left. Keep following this road for a couple of miles until you see signs for Speedwell Cavern. Rather than take the turn right towards Speedwell Cavern, follow the road round towards the Mam Tor car park and take the first right exit to the car park. Look around and check out the riding potential.



It's that time of year when we can't be out riding all the time, and quite frankly, I am not impressed.

However, in true Scuz style, now that Xmas is over, and everyone's dead skint, we have a fair bit of stuff to review, so as nice as it is, you'll probably have no cash left after buying everyone loads of Xmas presents, and getting well pasted at new year, which ain't cheap.

I am over the moon that people have actually sent us stuff to review though; otherwise we'd have to lie and make up a load of rubbish (sounds like Scuz to me!!). However, thanks go to Ben at TKC, for sending us down Armadillo pads to review, Ride the Hill, for their new vid (which will be appearing as a prize in a future ish). Without further ado, nothing

DIRTY TRICKS

First thoughts were not good, I will be honest. Joe Inglis being involved I was worried I was going to be treated to a 55 minute video of mountain boarding done in the style of Blue Peter.

It wasn't to be. The team have got it together. The packaging is professional, the quality is professional. Good mix of tunes (ska gets up my nose a bit, but the rest was ace!). Good use of nice fiery fonts in the opening section.

You're taken straight into the noSno downhill challenge, showing all manner of weather!! If you're a scenester you'll know it was a bit of a washout. Our Scuz video didn't really do the hardcore-ness of the event justice. This video definitely does. Strange use of effects when Pete gets a personal best down the maddest course in England, and strange use of effects on the freestyle section, but wicked camera angles and footage of everyone having the water jump, very good.

Next up is the Morzine section. To be honest, it was this part that made the video for me. I wasn't lucky enough to be able to go out and compete. Boo! The section opens with a bit of lifestyle up in the Alps, Leon Robbins Pouring beer over Andy Potter while he kisses some man I don't remember having met (at least not like that!). Then it goes into the riding - fully filmed sections of the Morzine free-ride course that is beautiful to watch. Like any good vid on this sort of subject, watching it makes you wish you weren't watching a video but riding the section, and yeah, this place is somewhere else. I hope I can afford to go this year!!

The freestyle section is another part that makes the video for me, massive styled tricks from Alex Broumbas and the Kheo team, Renny Myles features, as does Tom Kirkmag. Top quality vid all round, all involved should congratulate themselves. Scuz are looking forward to seeing the next one (if we can blag that for review as well!) and you lot should buy this one, because its British, its good, and it costs a tenner less than the latest offering from MBS. Dirty Tricks is available from Ride the Hill, 15 quid. Contact www.ridethehill.com because I don't know of anyone else who is stocking it.

ARMADILLO PADS

When we were trying to blag some pads for review out of

Scrub's main man, I had no idea that they were going to be this expensive, which is my first thought on the new Armadillo range of pads. The next thought is that, well they are very, very impressive.

Some riders don't seem to fall over, unfortunately I am not one of them, and good pads are a necessity for me. I'm not going to go into the technology too much, but basically rather than one flat skid plate type affair; there are a series of plates (think "Armadillo's!") which distributes the impact, well. I put them on my girlfriend and then hit her a bit with a hammer (on the pads, to be on the safe side!!), and while unsurprisingly she didn't like it at all, I let her have a go, she thought it was great. You feel the impact, but not in the same way as other pads at all. They are seriously good, seriously expensive pads. What more can you say? They're also comfortable when worn for extended periods. Big thanx to Ben Biscoe, and TKC. Available mainly from Route One, priced £40 for the elbows and £50 for the knees. Check the website for a bit more info and stockist details. www.armadillo-sports.com

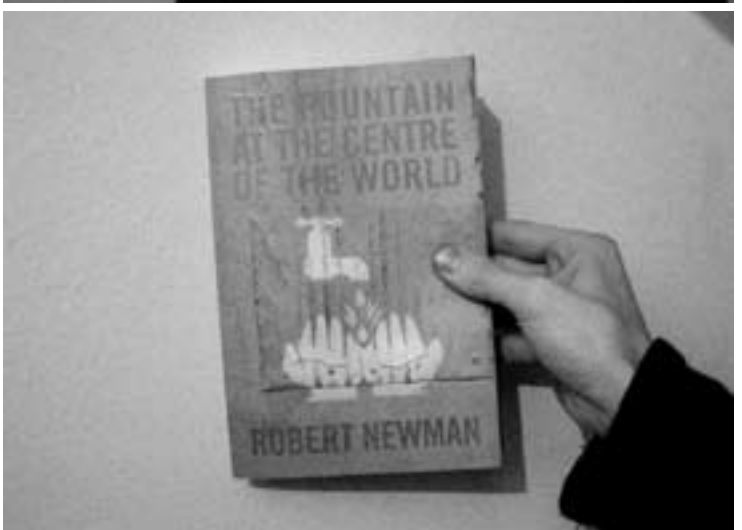
REASON TO BELIEVE, ISSUE #10

Some of you may have heard of Reason to Believe, the Leeds based, international DIY punk zine. On the ATBSports website Scuz were alerted to a review we had been given in there. We were very proud. Zining is an artform, going back to the days before we had such things as the popular press (now mass media). I have been into punk rock music and ethics for quite a while now, and it is the way zines like Fracture and Reason To Believe operate that were the inspiration behind Scuz. A collectively ran not for profit free zine, RTB (www.rtbzine.org) comes out quarterly, or when they get round to it (sound familiar?) Loads of reviews of punk/hardcore/DIY bands from across the U.K. and Europe, information on the worlds big baddies (this issue had a piece on Biohazard Bayer), a interview with a Copenhagen squat collective, reviews of radical books, a piece on a travellers thoughts in Chinese Tibet, loads of music release reviews, and of course the zine review section. If punk makes you happy, Reason To Believe is your friend. Get it at some gig or punk store or something. It's ace!!

THE MURDER OF ROSA LUXEMBOURG

Everybody's in Love and the Flowers Pick Themselves.

I reviewed a live show that The Murder played in the first or second issue of Scuz. The album, a debut I think, on Undergroove records was released just before Christmas. They play a style termed by the DIY scene round here as 'spazzcore' a term derived as a result of Blood Brothers style HC. I am one of these guys that doesn't like to give crap reviews to stuff. Fortunately I am in no obligation to in this case. This is one of the finest albums I have heard in a long time. Why? Because it's so very different to the sometimes over generic offerings of the local music scene. Murder are actually from Worcester, I think, so if you're a Team BAD type dude, go and see them. More jangly, guitar wise, than traditional punch packing hard core, the album is inspired and arty. Opening with "Building a House for Flowers and Lovers", the vocalist's poetry is incredibly accomplished for his years (I think they're about 17 or 18.) Song 2 is twiddly, technical and contains some



nice screaming blasted choruses. Track 3, 'Infernal Music,' is anything but, melodic, technical, superbly structured, with lyrics that make you wish you'd written them. Its epic and inspiring. The reason the album stands out most from the rest though is track 4. Its called 'Jack and Oscar Have a Fight.' This epic tune is more akin to Royksopp than DIY punk. Suffice to say it's a very listenable album, recorded to the quality of a mainstream release, which is rare for this sort of outfit. I'm not going to review every song individually but if you see it and have spare cash, well I certainly don't regret the eight pounds.

MEBA crew have managed to get hold of some cheap lacrosse pads and they seriously recommend them for our sport. So they've decided to sell them, visit their web site (www.meba-world.com) for prices and details.

STX APOLLO ARMS PADS

These are perfect for wearing underneath clothing (e.g. long sleeved T-shirt). With minimal slippage they are extremely light weight while providing good protection to the elbow, you won't know you're wearing them. Ideally they shouldn't be worn with short T-Shirts as they are material; however, we have a pair that have been extensively tested for the last 10 months with long and short sleeve T-Shirts and are still going strong without rips, holes etc.

Stuff to tell you're mum/wife/bird: The material is anti-fungal so they shouldn't stink your house out. Oh yeah and they can be washed easily in the washing machine.

Quote: "Top quality, extremely light weight... they fucking rule, I love 'em!!!"

STX MERCURY ARM GUARDS

The Mercury arm guards are more than just an elbow pad. They give you total protection from wrist guard to bicep. Lightweight, flexible and made from EXTREMELY hard wearing material, you won't have to worry about scrapes and bruises. Once strapped on they won't budge an inch so no worries about slippage. These have been tried and tested over the last 12 months and have stood up to everything we've put them through.

Stuff to tell you're mum/wife/bird: The Material is Anti-Fungal so they shouldn't stink your house out, and they can be washed easily in the washing machine. Just like the Apollo's!!!

Quote: "No injuries, no cuts, no bruises, no worries.... 'AVE IT!!!"

STX PROTECTIVE SHORTS

Originally designed to be worn by Lacrosse Goalies who take impacts from hard lacrosse balls, they are an ideal option for protecting your ass when bombing down a hill at 30 mph!!!

The shorts are made from Lycra and the padding is a type of dense foam for soaking up hard impacts. We've been testing these for over 8 months now and haven't had any bruised back sides! They've quite literally saved our asses on many

occasions.

Stuff to tell you're mum/wife/bird: Yup you guessed it....The Material is Anti-Fungal so they shouldn't stink your house out, and they can be washed easily in the washing machine. Spot the common theme here...???

Quote: "Bruised tail bone, what's that then?"

STX GENESIS (BACK OR CHEST GUARD)

Now this is a versatile piece of kit!! As with the Ass pads, the Genesis was originally designed to be used by Lacrosse Goalies, but as a Chest guard, to withstand the impact from a hard Lacrosse ball being fired into the chest at high velocity! However in true MEBA style we tried it on and realised that if was worn back to front it doubles up as excellent back protection! So which ever way you tend to stack it, whether it's on your chest or your back, the Genesis will do the job!

Material: Lightweight, semi-breathable and anti-fungal

Also available from MEBA are wrist guards and knee pads, check the web site for further details.

THE FOUNTAIN AT THE CENTRE OF THE WORLD

The interview with Mr Newman may put many people off his book, obviously being quite a political guy, but who doesn't find Mark Thomas's contempt for authority at the very least amusing, if not inspiring. As far as comedian writers go, Ben Elton is okay, if not a little too ironic and dogmatic.

Robert Newman, however, has written a novel, not about politics so much as about people who are adversely affected by decisions made a world away from them, who don't get a say, and how empowering this disempowerment is, but also how hopeless. A story about family ties, and lack of them, it is a richly descriptive novel, more about people and places, two brothers, a son, a fountain at the centre of the world, a story about travelling, about freedom, and about human nature in its purest form, but all set against the most monumental political backdrop, a backdrop the worlds media ignore at the peril of the world's people. This is not just a good novel, it's a great novel. I think if George Orwell was alive today, he'd be well into it.

And that's it for reviews this issue. Hopefully next ish, we'll have been sent another wad of (free) interesting stuff to talk about. Till then...

When I found out just before Christmas that the A-spire collective were back with another anarcho-social centre, for political activists, hippies, party animals, punks and anyone else who fancied it, I just couldn't resist popping down for a few cheap drinks, and free vegan food (Those people can cook!!).

The first issue of Scuz was proud to review one of the many punk rock shows put on at the venue (free of charge), and it's a quality place to hang out and meet new people. Not least comedian Rob Newman, of Mary Whitehouse experience fame.

I personally am not an Avid Marion sort of bloke (that celebrity obsessed European man, with ginger hair, and a sort of sick love for famous people, off Bo Selecta), also I am aware that Mr Newman is rather more known for his political stand up comedy, rather than his mountain boarding prowess, but well, post-modern society IS celebrity obsessed, and Rob Newman IS really very funny, and was a skateboarder even before those heady days of Back to the Future.

I thought it was rather odd him showing up for a random doss about at this particular venue (essentially not known for attracting the famous), until it was discovered he was actually there on business, to promote a book four years in the making. Here's what we chatted about.

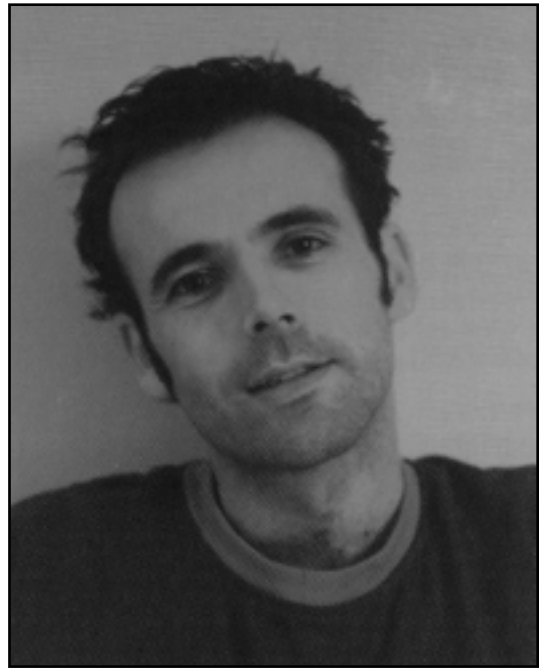
Scuz. Thank you Rob Newman for talking to Scuz mountain boarding zine. So when did you first have the idea for the book?

Rob. It was about 4 years ago. I wanted to write one of those big old 1950's books where everything's interconnected, because in the corporate media everything's presented to us as split up. You have economics over here, and war over there, Europe over here, and what's happening in Latin America over there when it's all part of the same thing. And I love the way in "Tale of Two Cities" or "Grapes of Wrath" or the like, there's all this sort of interconnection. So I wanted to do that... then I just worked for about a year and a half on the structure of it, working out how it was going to go, because I'm kind of all over the place as a thinker. So yeah, that was about it.

Scuz. How many of the sort of ideas for the book and characters for the book are based on real events and real people and events that have influenced you?

Rob. It's a mixture of things. Some things... my favourite things are just imagined, some of the things which happen in the book. Like the book ends in Seattle during the WTO protests, that's all sort of real and then there's a kind of an interplay between real people and made up people, half and half, Brighton activists, I'm never really sure whether they are real people, or made up people in real life! Then there's some bit's like where Daniel is working on a farm in Costa Rica, and I used to work on a farm when I was young, just on weekends, and just the crops that we used to supply to the supermarket in Stevenage are probably coming from Costa Rica or the like. The farm that I used to work on is now a business park. I made to be just a mixture between stuff I made up, just imagined, but also sort of stuff I remember and stuff you've just sort of heard about. Sort of like music; there's only so many bass lines you can use. Some of them will have been borrowed; it's what you put over the top that matters, you know?

Scuz. I know that some authors, particularly when dealing with politics from a left wing perspective, and especially protests and



stuff, have a lot of trouble getting anyone to publish the book. How difficult was it to get the book actually published?

Rob. Really difficult, and actually one of the things I should have talked about back there [when he gave a talk to the ensemble in the squat] was that when you do something like this, or you do anything like this in politics, every rejection letter, and there was loads, all mentioned politics and these were full two page rejection letters, you know. Like most rejection letters are very short and polite, you know "thank you very much... it's not what we're looking for, lots of luck" kind of thing. These were denunciations! "THIS is why your book is no good. THIS is why it failed" It was like "Easy!!" OK so you didn't like it!! I really despaired, but then it got published by Soft Skull in the United States, who do mainly sort of punk rock and anti-capitalist books.

I saw this book, it was in London, it was called "Saving Private Power" and it was an alternative history of the Second World War but it had been produced with love, you know. There was this really nice cover, and there was really cool photo's in it and so I just sent it off to them, and they went for it. And then Virso published it over here and both the publishers are sort of political publishers who never usually do novels, but they made an exception in this case. So they've been selling, and I've been selling them out on sort of trestle tables at the back when I've been doing my stand up gigs, and, you know, you might sell ten books here, ten books in Whitehaven. It's quite a buzz. You must know like doing fanzines, when someone takes one from a shop, that's one thing but when you're actually doing it in person...

Scuz. Yeah a lot of the time the way we do Scuz is just to travel around, visiting the different mountain boarding scenes around the UK and stuff, giving it out in person. Giving it away free. It's a lot of fun.

Rob. So you can just give it away free and stuff....

Scuz. Yeah well this issue we managed to get a couple of advertisers to help us out, just independent shops and stuff, that pays for the printing, and then we just give it away free. We've

gone from like 200 last issue up to about 800 this time.

Rob. Yeah, 'cos mountain boarding... that's kind of a new thing isn't it? I used to be a skater in '77.

Scuz. Well yeah, I used to be a skater, but sort of got a bit old for it, I'm 26 now and I just don't bounce so well on the concrete anymore, and I just saw one of these things, and it was like 'It's a skateboard on steroids!! For any terrain! GIVE ME IT!!'

Rob. I went to this thing once in the Lake District. People were grass skiing, you had these sort of tractor treads on the bottom... it wasn't really very alpine, looked fun, but the ground was all kind of granite and stuff. So if you got up to speed, and then fell off... ooof, well hurt! How do you stop?

Scuz. Sort of a power slide or you can just fall off, up to the rider really!!

Rob. Ha ha

Scuz. So are you still friends with David Baddiel?

Rob. No, not really. I just sort of err, I don't really see him anymore, we move in very different circles now. I saw this thing on the... it got forwarded on to the website, about something like the three surviving members of the Whitehouse Experience have reformed and mentioned something about the tragic death of Rob Newman. Ha ha ha! That was a bit scary... had a little sort of sixth sense moment. And I'm no longer on the television and don't watch much so I'm not really aware of what he's doing.

I see some stand up comedians when I'm doing Edinburgh; I sometimes see Mark Thomas because he does benefits, like I do, and he knows the same sort of people I know, like in Brighton, Schnews and stuff (www.schnews.org.uk)... I never used to like... err...err...

Scuz. Ha ha... it's ok. So what is the title of your book?

Rob. Yeah, it's called "The Fountain At The Centre Of The World". I was originally going to call it Scuz but I didn't want to get into any kind of big copyright, trade dispute intellectual property rights sort of thing. You know I heard those guys would sue my ass so I had to change the title, coz Scuz was a better title and yeah... it's in the shops now, there will be a paper back out soon. Maybe in summer when I do my fifteen city tour of the United States.

Scuz. When is that coming up?

Rob. Not sure, maybe February - March time.

Scuz. Are they going to be big gigs?

Rob. Err, I... it's not going to be proper stand up, maybe more like spoken word. But I think it's like, I'm imagining, you know 18 hour train rides to get to a book shop with like two people there, and one of them has come because he thinks you're someone else. So we'll see... Listen, do you know of anyone who makes like half pipes and stuff?

Scuz. Actually, yes I do know a carpenter... lives bit more sort of further south. Kind of Lincolnshire way.

Rob. And he uses ramps himself...

Scuz. Yeah, he's a skater and a carpenter, and a mountain boarder.

Rob. Have you got an email address, or...

Scuz. Take a copy of issue 2 and 3... got all our contact details in there. Have you got any more projects coming up? What can we look out for from Rob Newman in the future?

Rob. I don't know. I've just done this... I've just been touring solidly... doing the stand up shows from Caliban to Taliban, 500 years of humanitarian intervention and I was just doing that, and I did some radio interviews at the end of it. And I was on one show or another and he was saying "So you gave up stand up about 4 years ago?" and I was like "What!!" "No... I just done a hundred and fifty fucking gigs on the trot!!"

I'm like the hardest working stand up in the country... and you think I'm just not scratching the public consciousness... and you know I always travel on the train for pollution reasons... I got my fucking ukulele. So I'm thinking of err... if I could move out of London I could afford to spend a year just reading and if I get your mate, the carpenter, to build me a half pipe because this is my fantasy. I get my own little place

Scuz. And build your half pipe there...

Rob. Maybe move to Bristol... buy a little... cheap little cottage or something and then have your own little or I'll rent in Bristol and buy my own little shed because I'm too old to go to skate parks. I feel shady when it's just me and there like four other kids about 12 or 13. So I imagine having my own little lock up and there's just your half pipe and you, and maybe some crash mats. Because I've always been too much of a coward to be a really good skater on ramps. But if you had some of those, like, high jump crash mats... big old foam things.

Scuz. Yeah sort of like get a foam pit sorted out!

Rob. So yeah then you could do like ariel pop outs and you could be like Tony Alva. But, and if it didn't work out you wouldn't care. But yeah and I think... I'm thinking of staying and doing some more writing, 'cos you can do stand up, you know when you're doing it you just feel so alive when you get it right. You're on such a high, you know but there's like... it doesn't leave any record of it and you know as an older traveller it's doing my head in, all the trains, so I'm going to hibernate for a bit and just write.

Scuz. Well, ok, Good luck in the future, Thank you for talking to Scuz mountainboarding zine.

Rob. Thanks yeah, no problems..I'll be in touch about the ramp and that.

So, that was an interview with Rob Newman back in December. He hasn't emailed about the ramp yet. Maybe he's mega busy, but there we go. Edd Firth, I shall put you in touch, should Rob come back to us regarding his ramp.

And don't worry Team BAD, I told him how hard old man Birkbeck rides at his age. He's says he'll try and look out for a funday next time he's in Bristol.

While we've no plans to desert the UK, we thought we'd bring in a bit of international content and let you know a little of what's going on around the rest of the world.

Rob Eakle, of the Off Road Boarding Company, California in the US, comes from a similar background to Scuz. Very grass roots and all about the sport, none of the politics and bullshit.

With the same ethos as Scuz, we asked Rob to introduce himself and tell us what's going on in the US, and so here's what he had say...

Well, here we go again! I am really stoked about this coming season. I mean, there is nothing like rolling around in the dirt with your bro's, flirting with the girls (all irie), and drinking some cold brews on the tops of the mountains. We sure know how to do it, don't we!

My name is Rob Eakle, and I own the Off Road Boarding Company. I'm gonna show you around these parts for a little while, and let everybody know what's going on here on the West Coast of the USA. We ride all year long in Southern California, and got some sick spots too. Lately, I've been meeting up with a crew down here who call themselves the SCDR (Southern California Dirt Riders). They have some of the best riding spots the world has seen, and lost some too, but there is still some gold hidden out in these hills.

The best one we had (key word – had) was here in the Los Angeles National Forest. We called it the Mighty Kratka Ridge. She hosted the ATBA World Championships in 2000, and was the best track built around these parts to this day. At least that's my opinion, and I'm certain many others. It had the potential to be even greater, but last year the Mighty Kratka fell. R.I.P. She had berms like you've never seen before - rollers, whoops, kickers, everything! There must have been at least 10 berms like 15 feet tall! You just flowed from one rail to the other.

Another one of my particular favorites down here is this Fire Road called Nate Harrison Grade - No Shit - like 8 miles of solid downhill charging. It's one of the longest bomber runs I've ever done. Two times down it is just like beating your legs with a baseball bat. Just kidding, but it is a leg burner. Super fun twisting fire road out in the desert near a place called Mount Palomar in San Diego. Definitely worth hitting if you ever make it out to there.

My other favorite hidden gem out there is called Hooterville. I had a super fun time charging out there. Big kickers, good bro's and kind weeds, I guess that's what we're all about. I am always stoked at how the mental attitude has stayed the same over all these years. I hope

we never stop taking care of one another. The Hooter villians are the best. Here, or there, we're all just one big happy family. That's the shit, and I think one of the main things that draw riders to the sport and keeps 'em here!

That's what I am trying to do, keep the stoke going. This year the ORB Team grew with some additional riders, as well as new sponsorships. As I write this, I can't stop thinking about how bad I want to be competing in the ATBMag - WFC. How cool it would be to chill with some homeys from the other side of the world, and drink like a fish at night in the local pubs. I guess I'll have to settle for a little Q&A for now, and stories from the far side of the planet for you all. I can sit and write forever, so get in touch with me at robeakle@yahoo.com, and tell me what you want to know about the other side of the riding world. I set this e-mail up specifically for Scuz readers. Whether it's a question from a business perspective or a rider perspective, it will give me some sense of direction in my writing, and I won't be rambling on. Hopefully we'll both learn something too.

We got some really fun events coming up here, and I'll do my best to get the stories. You know, like the time we went to the US Nationals in Des Moines, Iowa. Hillbilly and I went to the bars on Saturday night. There were like three bars – you paid one entry fee of \$15 for all three bars – and it was all you can drink! Oh man, that trip alone could fill this magazine! Those are the kinds of stories I'm talking about! I'll get you the goods, you get me some questions! This magazine (and the articles inside!) is going to be the shit because it's from the rider - for the rider! Long Live Scuz mountainboarding zine!

Ride Hard - Feel Free

words by rob eakle



rob eakle putting the mothership through it's paces



ditto.

BUSH CALLS FOR PREEMPTIVE ATTACK ON MARS & MOON; CITES EVIDENCE OF WMD

Many observers were taken aback in recent days by the president's unanticipated call for the U.S. to go to the Moon and Mars. However, sources have recently revealed the true provenance of the farsighted Bush plan. The president had hoped to spare the American people the trauma of another national security alert, but governmental leaks reveal that the Office of Special Programs of the Pentagon has conclusive evidence that weapons of mass destruction are being amassed on the far side of the Moon. Furthermore, communications intercepts indicate that the Moon is acting as a client state for a terrorist regime on Mars.

Analysts said the announcement was based on specific and credible intelligence, though they "refused to divulge particulars because to do so might jeopardize future attempts to fabri...uh, gather information." When approached by reporters, however, one source quipped, "Where do you think all those craters came from? Meteor showers?"

Dr. Raymond Pharphlunng, authority on astronomy at the Lunar Institute of National Security Affairs (LINSAs), and former head of the Space Desk in the Reagan State Department, found the argument for a lunar cache of weapons of mass destruction credible. "First of all," he said, "we don't have conclusive evidence that they are not there. There are parts of the moon that we can't see from Earth. Did you ever really stop to think about that?"

A soon-to-be-released position paper by the Project for a New American Lunacy argues that American homeland security can be guaranteed only when regime change occurs on the Moon and on Mars. Interviewed off the record, one of the co-signers of the report (who are referred to as neo-lunatics) was candid in his interpretation of the facts.

"You can't pussyfoot around. You have to go for the big guy, number one. I'm talking about the Man in the Moon.

"A look at all those craters makes one thing very clear. Not only does this guy have weapons of mass destruction, but he's used them on his own people in the past."

Skeptics point out that this appears to be a flip-flop from the U.S. position of the eighties when the Man in the Moon was on the C.I.A. payroll.

A high administration source said, "There's a clear connection here to Al Qaeda and to Muslim fundamentalists. Did you ever take a good look at the flags of all those Muslim countries? Do you think it's a pure coincidence that the moon is one of the primary symbols of Islam?"

"And what is the 'color of the prophet?' And what color are Martians? And what about the fact that the moon is made of green cheese?!"

In a related story, the American Civil Liberties Union claims that Immigration and Naturalization Service agents have seized a number of suspects accused of being members of a sleeper cell in Roswell, New Mexico, though the INS would not confirm such activities. The local sheriff, however, said that his department has been cooperating completely with federal authorities. "None of the people [sic] that we've took into custody has actually been green, but almost all of them was a little peaked," said the sheriff. "That's what the average American should be on the lookout for, you know, people that looks a little green around the gills, so to speak."

The giant defense contractor, Halliburton, has been put on a trillion dollar retainer to head up construction for a planned moon base, "Luna Liberator 1."

The first facility slated for construction is a large detention compound to be used for beings that are thought to be terrorists or terrorist sympathizers. The president has called for a new designation, "alien combatants," for the detainees. Speaking on condition of anonymity, a source in the president's office noted "since the compound will be outside of the United States, the alien combatants cannot claim human rights protections, or protection for any other kind of rights for that matter, under the U.S. Constitution, which is way too good for their kind."

In the wake of these shocking developments, the president will also be calling for increased military aid to Israel, subsidies for the airline industry, reduced regulation of the major oil producers, and the abrogation of all environmental prohibitions on anything.

Also, the Department of Homeland Security announced today that anyone coming to the United States from a country that celebrates the Lunar New Year would have to be photographed, fingerprinted, and subjected to a cavity search.

Greg Weiher is a political scientist and freelance writer living in Houston, Texas.

words by greg weiher

article stolen from counterpunch.

www.counterpunch.org

injury of the month

Slowly but surely the "Injury of the month" page is getting nastier and nastier by the issue. We've got quite a winner in this issue's Scuz.

This particular injury comes from SWAT's Jack Johnston. While Jack wasn't the injuree, apparently he saw it happen in all it's glory.

And it looks like his mate, Jamie, has proper knacked himself! Both broken and dislocated apparently. Fair effort, Jamie!

Here's what happened...

"It was the first day of the Christmas holidays and we decided to go our boarding so one of our mates could take some photos for his AS Level photography course. So after some time on the ramps we decided to go for a height contest just to mess around for the camera. After my first jump I turned round to see Jamie coming towards the ramp. As he hit it the nose of his board went straight up and he started to fall backwards. I had a side on view and saw as he landed full weight on his arm. All

I saw was it crumple in a way I thought wasn't natural. He then shouted, "Crap!! My arms twisted". I ran over to him and pulled up the sleeve on his jumped and his elbow was on the wrong side. You can see from the picture that it wasn't very pleasant. I shouted to Charles to get ring an ambulance and he came back a few minutes later saying it was done but they don't have the village we live in on their records so they don't know quite where it is. That's good to know! So we waited about 25 minutes for the ambulance to come. When they finally arrived they put him in the ambulance and off to Hospital we went. Me and Charles hitched a ride as well.

Morale of the Story is Ambulances are fun to ride in!"

On account of part of Jamie's arm poking out like it is, when it really shouldn't be doing that, we'll have a sniff about for something shite to send on down. Something that doesn't require the use of an elbow of course.



arms. shouldn't look like this.



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"Go confidently in the direction of your dreams. Live the life you have imagined."